

Reward & Wellbeing Calendar 2023



JAN

3rd - Festival of Sleep Day
17th - Big Energy Saving Week
21st - National Hug Day
24th - International Day of Education
27th - National Fun at Work Day

FEB

LGBT+ History Month
2nd - Time to Talk Day
4th - World Cancer Day
6th - National Apprenticeship Week
17th - Random Acts of Kindness Day
27th - Eating Disorders Awareness Week

MAR

8th - International Women's Day
9th - National No Smoking Day
13th - Nutrition and Hydration Week
18th - Global Recycling Day
20th - International Day of Happiness
20th - Debt Awareness Week

APR

Stress Awareness Month
7th - Walk to Work Day
7th - World Health Day
18th - National Stop Snoring Week
26th - Stop Food Waste Day
28th - World Day for Safety and Health at Work

MAY

National Walking Month
15th - Mental Health Awareness Week
15th - National Vegetarian Week
15th - Learning at Work Week
28th - World Hunger Day

JUN

Pride Month
1st - Volunteers Week
5th - World Environment Day
12th - Loneliness Awareness Week
16th - National Clean Air Day
23rd - Bring Your Dog to Work Day

JUL

Talk to Us Month (Samaritans)
3rd - International Plastic Bag Free Day
7th - World Chocolate Day
15th - World Youth Skills Day
30th - World Friendship Day

AUG

1st - World Breastfeeding Week
4th - Cycle to Work Day
8th - International Cat Day
12th - International Youth Day
19th - World Humanitarian Day

SEP

4th - International Payroll Week
5th - International Day of Charity
11th - Pension Awareness Week
18th - International Equal Pay Day
18th - International Week of Happiness at Work

OCT

Black History Month
Go Sober for October
2nd - Public Health Workforce Week
2nd - National Work Life Week
7th - World Smile Day
10th - World Mental Health Day
30th - International Stress Awareness Week

NOV

9th - Talk Money Week
11th - Alcohol Awareness Week
13th - World Kindness Day
19th - International Men's Day
20th - International Leadership Week

DEC

4th - National Grief Awareness Week
5th - International Volunteer Day
8th - Christmas Jumper Day
12th - National Workplace Day of Remembrance
20th - International Human Solidarity Day

